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magazine
OF THE
2016 YEAR
MINNESOTA MAGAZINE & PUBLISHING ASSOCIATION

582

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SEPTEMBER 14-27, 2017

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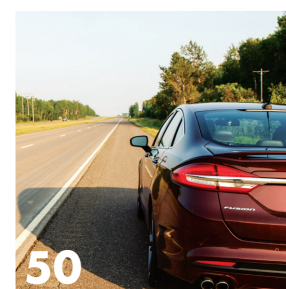
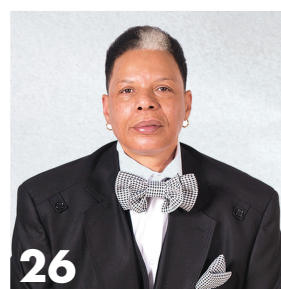
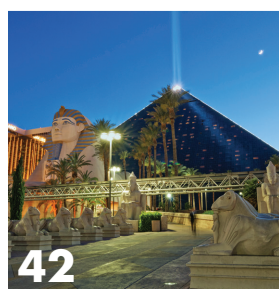
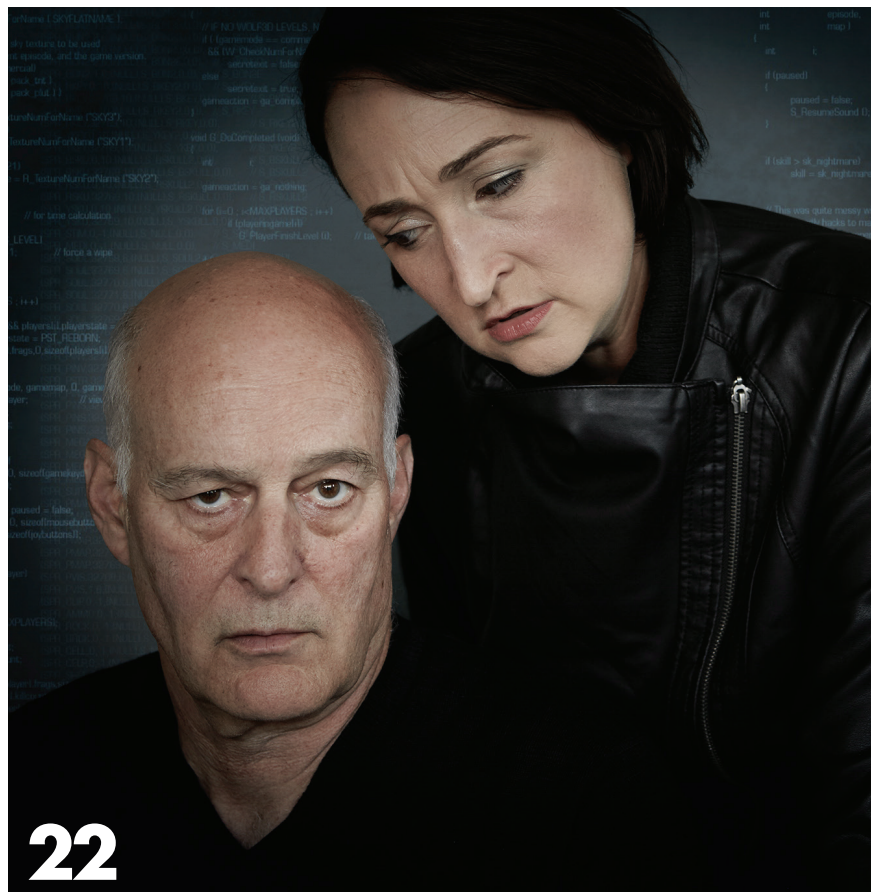
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ON THE COVER

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Editorial

Managing Editor Andy Lien 612-436-4671

Editorial Assistants Linda Raines 612-436-4694,
Kassidy Tarala

Editor Emeritus Ethan Boatner

Editorial Associate George Holdgrafer

Contributors Patrick Boland, Kathleen Bradbury, Ellen Krug,
Steve Lenius, Shane Lueck, John Mark, Jennifer Parelo, Randy
Stern, John Townsend, Bradley Traynor, Carla Waldemar

Advertising

Sales & Advertising Director Barry Leavitt 612-436-4690

Senior Account Executive Suzanne Farrell 612-436-4699

Account Executives Richard Kranz 612-436-4675, Jory Miller
612-436-4695

Advertising Associate George Holdgrafer

Sales & Advertising Traffic Coordinator

Linda Raines 612-436-4660

Sales Lead Specialist Michelle Ulmer 612-436-4693

Classifieds Suzanne Farrell 612-436-4699

National Sales Representatives

Motivate Media 858-272-9023

Rivendell Media 212-242-6863

Creative

Creative Director Hubert Bonnet 612-436-4678

Graphic Designer Mike Hnida 612-436-4679

Photographer Sophia Hantzes

Lavender Studios Hubert Bonnet, Mike Hnida

Administration

Publisher Lavender Media, Inc.

President & CEO Stephen Rocheford 612-436-4665

Vice President & CC Pierre Tardif 612-436-4666

Chief Financial Officer Mary Lauer 612-436-4664

Distribution Manager/Administrative Assistant Molly Gosh
612-436-4660

Founders George Holdgrafer, Stephen Rocheford

Inspiration Steven W. Anderson (1954-1994), Timothy J. Lee
(1968-2002), Russell Berg (1957-2005), Kathryn Rocheford
(1914-2006), Jonathan Halverson (1974-2010), Adam
Houghtaling (1984-2012), Walker Pearce (1946-2013),
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Lavender Media, Inc.

7701 York Ave S, Suite 225, Edina, MN 55435

612-436-4660 Office

612-436-4685 Fax

612-436-4660 Subscriptions/Distribution

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A Road to Cope

We've got a variety of fall getaway angles for you in this issue, from near to far, for younger and older, with other people in the rainbow community or not, featuring adventure and relaxation. I have made it a goal to travel as much as I can, which has been achieved with various degrees of success on an annual basis, as opportunities, vacation time, and budget allow. I've got wanderlust on a regular day, but this has been a challenging year which has made me both want to hide in bed as well as throw my stuff in a sack and hop a train, dog in tow.

But, I'm not running away quite yet. I'm sure I'll take smaller trips this fall to river towns as I usually do: Pepin for Harbor View Cafe, Stockholm for Stockholm Pie Company and A-Z Produce (aka The Pizza Farm), Stillwater for antiques and cupcakes at Mara-Mi, and Winona for the Minnesota Marine Art Museum. Just as a quick little trip, I'll even run to Wayzata to Bellecour for a piece of crepe cake (okay, two pieces, since it's silly to make the trip without bringing any home to nosh on later), which I'm exaggerating as a "road trip" only because people in Minneapolis and St. Paul tend to make the suburbs seem light years away. Small trips keep me going as maintenance for my well-being; it just makes me happy to have destinations.

Next week, I'll also be taking a long weekend on Minnesota's North Shore with friends I've known since we were in the three- and four-year-old class in Sunday School. It's a trip to celebrate all of us turning 40 this year. We will be driving from separate places and meeting near Tofte at our villa on Lake Superior. We've all been to the North Shore somewhat recently, so it'll probably be a journey that will focus more on us reconnecting with each other and relaxing together, sharing meals, laughing, and taking strolls

down Memory Lane. This trip calls for s'mores and coffees and drinks and donuts...not to mention a meal at Sydney's in Grand Marais as well as one at New Scenic Cafe in Two Harbors. I can't wait.

Then, in November, with a handful of friends I've had since college who also turned 40 this year, I will fly down to Mexico City for a long weekend, thanks to some dirt-cheap fares we found via Thrifty Traveler. Between that and sharing the cost of the Airbnb, we're going to be able to spend most of our money eating our way around the bustling metropolitan area, and the exchange rate is definitely in our favor. We could do ourselves some damage. Apart from eating, I've got very few goals other than to tour Frida Kahlo's home and take photos of as many street murals as possible, as well as enjoy the hell out of the lovely people who I've chosen as family.

This year, more than any other, I need to have something to look forward to...and I need to get away. Other years, my travel has been exploratory. This year, it's more therapeutic. Just getting some road beneath me is calming. When I'm with someone else, we can chat about whatever is on our minds or silently do some sightseeing. Or, if I'm alone in my car for a day trip, I'll listen to an audiobook or a podcast, usually about true crime, that gets me away from the relentless newsfeed online. It's a matter of coping, which is something that is crucial in a time when current events are mercilessly triggering.

I feel more relaxed even just from writing this out. Things seem more optimistic when I've put plans down on paper. When distraction is an actual goal, life takes on a different flavor. A hopeful one.

I hope to see you out there in the world, however you choose to get away. With you and with thanks, Andy ■

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Ringling the Bells of Heaven

In a broad stroke, mankind can be divided into two types, the helpers and the harmers; those who help turtles to the other side of the road and those who swerve to crush them. Those who, at their own peril, hid the Anne Frank and her family, those who delighted at betraying them.

As to those turtles, it's my opinion that how a person treats an animal is how that person is capable of treating a fellow human being.

Kindness can move one to tears, and cruelty to tears of a different sort. A recent video showed a hand gently nudging a tiny, beached octopus back into the sea. It paused, returned to gently touch its savior's foot in thanks, then glided off into the depths.

Photos of a mouse with its foreleg in a cast, or a critter raft placed in a swimming pool to aid tiny foundering creatures are too often offset by images of horrific cruelty. Wealthy Brits tossing live fox pups to their dog packs, Spaniards setting bulls' horns afire, Puppy Doe's torturer going on trial here in September.

British poet Ralph Edwin Hodgson (1871-1962) was an early advocate of animal rights, concerned with ecology, speaking out against the

fur trade and man's destruction of the natural world. Hodgson served in the Royal Navy, and a hundred years ago during the "war to end all wars" he published poems which included "The Bells of Heaven:"

*'Twould ring the bells of Heaven
The wildest peal for years,
If Parson lost his senses
And people came to theirs,
And he and they together
Knelt down with angry prayers
For tamed and shabby tigers
And dancing dogs and bears,
And wretched, blind, pit ponies,
And little hunted hares.*

Coal miners no longer use pit ponies, but the rest of Hodgson's lines are still too close to home for us to feel that we've achieved a century of compassionate progression. One still listens in vain for the joyous peal of bells, for humans and animals alike. ■



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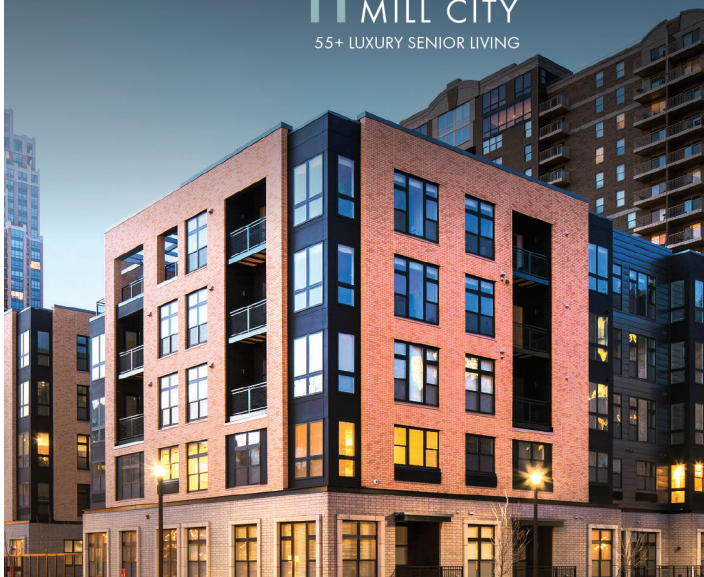
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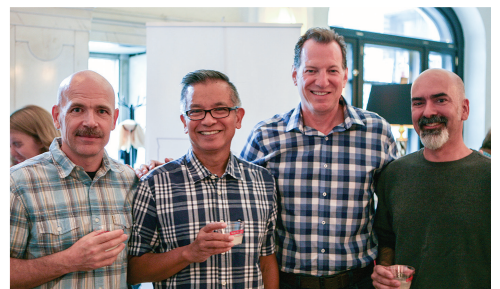
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LAVENDER'S SCORE THURSDAY AT 19 BAR

AUGUST 17, 2017



What is TRUVADA for PrEP?

TRUVADA for PrEP (pre-exposure prophylaxis) is a prescription medicine that is used together with safer sex practices to help reduce the risk of getting HIV-1 through sex. This use is only for HIV-negative adults who are at high risk of getting HIV-1. To help determine your risk of getting HIV-1, talk openly with your healthcare provider about your sexual health.

Ask your healthcare provider if you have questions about how to prevent getting HIV. Always practice safer sex and use condoms to lower the chance of sexual contact with body fluids. Never reuse or share needles or other items that have body fluids on them.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about TRUVADA for PrEP?

Before taking TRUVADA for PrEP:

- ◆ **You must be HIV-negative before you start taking TRUVADA for PrEP.** You must get tested to make sure that you do not already have HIV-1. Do not take TRUVADA to reduce the risk of getting HIV-1 unless you are confirmed to be HIV-negative.
- ◆ **Many HIV-1 tests can miss HIV-1 infection in a person who has recently become infected.** If you have flu-like symptoms, you could have recently become infected with HIV-1. Tell your healthcare provider if you had a flu-like illness within the last month before starting or at any time while taking TRUVADA for PrEP. Symptoms of new HIV-1 infection include tiredness, fever, joint or muscle aches, headache, sore throat, vomiting, diarrhea, rash, night sweats, and/or enlarged lymph nodes in the neck or groin.

While taking TRUVADA for PrEP:

- ◆ **You must continue to use safer sex practices. Just taking TRUVADA for PrEP may not keep you from getting HIV-1.**
- ◆ **You must stay HIV-negative to keep taking TRUVADA for PrEP:**
 - ◆ Get tested for HIV-1 at least every 3 months.
 - ◆ If you think you were exposed to HIV-1, tell your healthcare provider right away.
- ◆ **To further help reduce your risk of getting HIV-1:**
 - ◆ Know your HIV status and the HIV status of your partners.
 - ◆ Get tested for other sexually transmitted infections. Other infections make it easier for HIV to infect you.
 - ◆ Get information and support to help reduce risky sexual behavior, such as having fewer sex partners.
 - ◆ Do not miss any doses of TRUVADA. Missing doses may increase your risk of getting HIV-1 infection.
- ◆ **If you do become HIV-1 positive, you need more medicine than TRUVADA alone to treat HIV-1.** TRUVADA by itself is not a complete treatment for HIV-1. If you have HIV-1 and take only TRUVADA, your HIV-1 may become harder to treat over time.

TRUVADA can cause serious side effects:

- ◆ **Worsening of hepatitis B (HBV) infection.** TRUVADA is not approved to treat HBV. If you have HBV and stop taking TRUVADA, your HBV may suddenly get worse. Do not stop taking TRUVADA without first talking to your healthcare provider, as they will need to monitor your health.

Who should not take TRUVADA for PrEP?

Do not take TRUVADA for PrEP if you:

- ◆ **Already have HIV-1 infection or if you do not know your HIV-1 status.** If you are HIV-1 positive, you need to take other medicines with TRUVADA to treat HIV-1. TRUVADA by itself is not a complete treatment for HIV-1. If you have HIV-1 and take only TRUVADA, your HIV-1 may become harder to treat over time.
- ◆ **Also take** certain medicines to treat hepatitis B infection.

What are the other possible side effects of TRUVADA for PrEP?

Serious side effects of TRUVADA may also include:

- ◆ **Kidney problems, including kidney failure.** Your healthcare provider may do blood tests to check your kidneys before and during treatment with TRUVADA. If you develop kidney problems, your healthcare provider may tell you to stop taking TRUVADA.
- ◆ **Too much lactic acid in your blood** (lactic acidosis), which is a serious but rare medical emergency that can lead to death. Tell your healthcare provider right away if you get these symptoms: weakness or being more tired than usual, unusual muscle pain, being short of breath or fast breathing, stomach pain with nausea and vomiting, cold or blue hands and feet, feel dizzy or lightheaded, or a fast or abnormal heartbeat.
- ◆ **Severe liver problems,** which in rare cases can lead to death. Tell your healthcare provider right away if you get these symptoms: skin or the white part of your eyes turns yellow, dark “tea-colored” urine, light-colored stools, loss of appetite for several days or longer, nausea, or stomach-area pain.
- ◆ **Bone problems,** including bone pain, softening, or thinning, which may lead to fractures. Your healthcare provider may do tests to check your bones.

Common side effects in people taking TRUVADA for PrEP are stomach-area (abdomen) pain, headache, and decreased weight. Tell your healthcare provider if you have any side effects that bother you or do not go away.

What should I tell my healthcare provider before taking TRUVADA for PrEP?

- ◆ **All your health problems.** Be sure to tell your healthcare provider if you have or have had any kidney, bone, or liver problems, including hepatitis.
- ◆ **If you are pregnant or plan to become pregnant.** It is not known if TRUVADA can harm your unborn baby. If you become pregnant while taking TRUVADA for PrEP, talk to your healthcare provider to decide if you should keep taking TRUVADA.
- ◆ **If you are breastfeeding** (nursing) or plan to breastfeed. Do not breastfeed. If you become HIV-positive, HIV can be passed to the baby in breast milk.
- ◆ **All the medicines you take,** including prescription and over-the-counter medicines, vitamins, and herbal supplements. TRUVADA may interact with other medicines. Keep a list of all your medicines and show it to your healthcare provider and pharmacist when you get a new medicine.
- ◆ **If you take certain other medicines** with TRUVADA, your healthcare provider may need to check you more often or change your dose. These medicines include certain medicines to treat hepatitis C (HCV) infection.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch, or call 1-800-FDA-1088.

Please see Important Facts about TRUVADA for PrEP including important warnings on the following page.



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TRUVADA for PrEP™ is a once-daily prescription medicine that can help reduce the risk of getting HIV-1 when taken every day and used together with safer sex practices.

- ◆ TRUVADA for PrEP is only for adults who are at high risk of getting HIV through sex.
- ◆ You must be HIV-negative before you start taking TRUVADA for PrEP.

Ask your doctor about your risk of getting HIV-1 infection and if TRUVADA for PrEP may be right for you.

GILEAD

Learn more at truvada.com



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(tru-VAH-dah)

MOST IMPORTANT INFORMATION ABOUT TRUVADA FOR PrEP

Before starting TRUVADA for PrEP:

- **You must be HIV-1 negative.** You must get tested to make sure that you do not already have HIV-1. Do not take TRUVADA for PrEP to reduce the risk of getting HIV-1 unless you are confirmed to be HIV-1 negative.
- **Many HIV-1 tests can miss HIV-1 infection in a person who has recently become infected.** Symptoms of new HIV-1 infection include flu-like symptoms, tiredness, fever, joint or muscle aches, headache, sore throat, vomiting, diarrhea, rash, night sweats, and/or enlarged lymph nodes in the neck or groin. Tell your healthcare provider if you have had a flu-like illness within the last month before starting TRUVADA for PrEP.

While taking TRUVADA for PrEP:

- **You must continue to use safer sex practices. Just taking TRUVADA for PrEP may not keep you from getting HIV-1.**
- **You must stay HIV-negative to keep taking TRUVADA for PrEP.** Get tested for HIV-1 at least every 3 months while taking TRUVADA for PrEP. Tell your healthcare provider right away if you think you were exposed to HIV-1 or have a flu-like illness while taking TRUVADA for PrEP.
- **If you do become HIV-1 positive, you need more medicine than TRUVADA alone to treat HIV-1.** If you have HIV-1 and take only TRUVADA, your HIV-1 may become harder to treat over time.
- See the “How To Further Reduce Your Risk” section for more information.

TRUVADA may cause serious side effects, including:

- **Worsening of hepatitis B (HBV) infection.** TRUVADA is not approved to treat HBV. If you have HBV, your HBV may suddenly get worse if you stop taking TRUVADA. Do not stop taking TRUVADA without first talking to your healthcare provider, as they will need to check your health regularly for several months.

ABOUT TRUVADA FOR PrEP

TRUVADA for PrEP is a prescription medicine used together with safer sex practices to help reduce the risk of getting HIV-1 through sex. This use is only for HIV-negative adults who are at high risk of getting HIV-1.

- To help determine your risk of getting HIV-1, talk openly with your healthcare provider about your sexual health.

Do NOT take TRUVADA for PrEP if you:

- **Already have HIV-1 infection or if you do not know your HIV-1 status.**
- Take certain medicines to treat hepatitis B infection.

HOW TO TAKE TRUVADA FOR PrEP

- **Take 1 tablet once a day, every day,** not just when you think you have been exposed to HIV-1.
- Do not miss any doses. Missing doses may increase your risk of getting HIV-1 infection.
- Use TRUVADA for PrEP together with condoms and safer sex practices.
- Get tested for HIV-1 at least every 3 months. You must stay HIV-negative to keep taking TRUVADA for PrEP.

IMPORTANT FACTS

This is only a brief summary of important information about taking TRUVADA for PrEP™ (pre-exposure prophylaxis) to help reduce the risk of getting HIV-1 infection. This does not replace talking to your healthcare provider about your medicine.

POSSIBLE SIDE EFFECTS OF TRUVADA FOR PrEP

TRUVADA can cause serious side effects, including:

- Those in the “Most Important Information About TRUVADA for PrEP” section.
- New or worse kidney problems, including kidney failure.
- Too much lactic acid in your blood (lactic acidosis), which is a serious but rare medical emergency that can lead to death. Tell your healthcare provider right away if you get these symptoms: weakness or being more tired than usual, unusual muscle pain, being short of breath or fast breathing, stomach pain with nausea and vomiting, cold or blue hands and feet, feel dizzy or lightheaded, or a fast or abnormal heartbeat.
- Severe liver problems, which in rare cases can lead to death. Tell your healthcare provider right away if you get these symptoms: skin or the white part of your eyes turns yellow, dark “tea-colored” urine, light-colored stools, loss of appetite for several days or longer, nausea, or stomach-area pain.
- Bone problems.

Common side effects in people taking TRUVADA for PrEP include stomach-area (abdomen) pain, headache, and decreased weight.

These are not all the possible side effects of TRUVADA. Tell your healthcare provider right away if you have any new symptoms while taking TRUVADA for PrEP.

Your healthcare provider will need to do tests to monitor your health before and during treatment with TRUVADA for PrEP.

BEFORE TAKING TRUVADA FOR PrEP

Tell your healthcare provider if you:

- Have or have had any kidney, bone, or liver problems, including hepatitis.
- Have any other medical conditions.
- Are pregnant or plan to become pregnant.
- Are breastfeeding (nursing) or plan to breastfeed. Do not breastfeed. If you become HIV-positive, HIV can pass to the baby in breast milk.

Tell your healthcare provider about all the medicines you take:

- Keep a list that includes all prescription and over-the-counter medicines, vitamins, and herbal supplements, and show it to your healthcare provider and pharmacist.
- Ask your healthcare provider or pharmacist about medicines that should not be taken with TRUVADA for PrEP.

HOW TO FURTHER REDUCE YOUR RISK

- Know your HIV status and the HIV status of your partners.
- Get tested for other sexually transmitted infections. Other infections make it easier for HIV to infect you.
- Get information and support to help reduce risky sexual behavior, such as having fewer sex partners.
- Do not share needles or personal items that can have blood or body fluids on them.

GET MORE INFORMATION

- This is only a brief summary of important information about TRUVADA for PrEP. Talk to your healthcare provider or pharmacist to learn more, including how to prevent HIV infection.
- Go to start.truvada.com or call 1-800-GILEAD-5
- If you need help paying for your medicine, visit start.truvada.com for program information.



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Version date: April 2017

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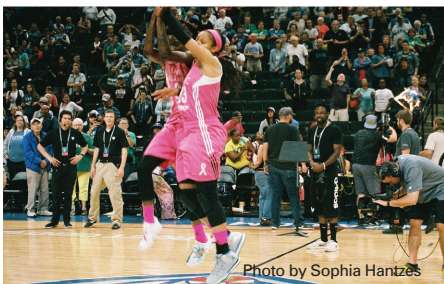
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MINNESOTA LYNX BREAST HEALTH AWARENESS GAME (MINNESOTA LYNX 111, INDIANA FEVER 52)

AUGUST 19, 2017



OUR LAVENDER

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Photo by Sophia Hantzes

MINNESOTA LYNX BREAST HEALTH AWARENESS GAME (MINNESOTA LYNX 111, INDIANA FEVER 52)

AUGUST 19, 2017



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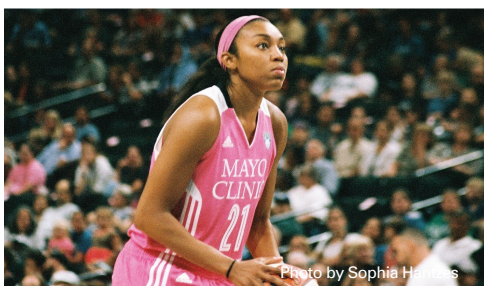


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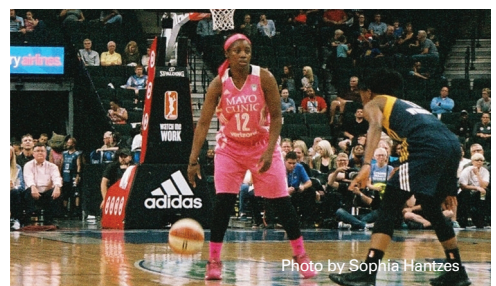


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Aladdin. Photo by Deen van Meer

ALADDIN

Through Oct. 8

Orpheum Theatre, 910 Hennepin Ave.
Minneapolis
800-982-2787

www.hennepintheatretrustrust.org

Broadway's version of the 1992 Disney film is rolling in a hot North American tour. At the Orpheum ride the magic carpet to the city of Agrabah where the genie tells us "even the poor people are fabulous." Inspired by the Middle Eastern folk tales known as *The Arabian Nights*, the musical stage version of *Aladdin* centers on a young, buff street thug who steals from the rich and gives to the poor. Fortune shines when the opportunity to marry Jasmine, the independent-minded daughter of a wealthy sultan arises. Alan Menken's music and lyrics by Howard Ashman and Tim Rice include the tune from the film that won the Best Song Oscar: "A Whole New World."

EX-GAYS: NOT A STR8 REMOUNT

Through Sept. 30

Spring House Ministry Center
610 W 28th St., Minneapolis
800-838-3006

www.savageumbrella.org

Reparative Therapy, a damaging psychological process, aims to turn off inherent homosexual feelings and turn on (impose) non-inherent heterosexual feelings. The queer-led Savage Umbrella troupe is reviving their 2011 production of *Ex-Gays* which satirizes that approach. However, some significant changes have been made.

Director Laura Leffler says, "The biggest change is the addition of three new characters. This has given the show both a deepening of its darker side and an introduction to a more balanced look at Christianity. One of the criticisms of the show we heard last time is that the pastor's wife didn't get much of her own story and that the show feels like a condemnation of Christianity, which is definitely not our intention. So with these three new characters we are getting to explore new pairings of characters, more of the inner life of the pastor's wife, and some touching moments around actual values of Christianity: love, empathy, compassion, forgiveness."

She adds, "Another key addition to the show is that one of the three new characters is a trans person. We initially wanted to include this character in 2011, but we didn't have the right people involved, and we didn't want to do it poorly. So one of my main goals

this time around as we re-envisioned things was to create a space for that trans character in the show, and to create a space for a trans actor to have some real say in the way this character is created and in the overall show. And, actually, the addition of this character has had a profound and wonderful impact on the trajectory of the main arc of the story."

MAN OF LA MANCHA

Through Oct. 22

Ritz Theater, 345 13th Ave. NE,
Minneapolis
612-339-3003

www.latteda.org

Dream "The Impossible Dream" as Theater Latte Da begins its 20th season with one of musical theater's most moving scores. The 1964 classic inspired by Miguel de Cervantes's *Don Quixote* champions the need for idealism in a fallen world and bowls us over with its cry against sex shaming and degradation of women. Martín Solá plays the title role.

Music Director Denise Prosek points out that the music is "instigated by Cervantes's—aka Don Quixote's—imagination, and helps propel the action, the love, and the power of dreaming. *La Mancha* is a play within a play—well, a musical within a play—and it's full of rhythm and vitality that pulsates through the whole show. It's mainly based on flamenco rhythms. If you think 'America' from *West Side Story* and how it shifts time signatures, that is a good idea of the rhythmic structure of this show. These rhythms pulsate with life and, while doing so, insist that every song, every underscore of Cervantes's story be heard."

mONSTER

Sept. 29–Oct. 7

Southern Theater

1420 S Washington Ave., Minneapolis
www.southerntheater.org

In our time, when Facebook reveals deeply personal thoughts and human connections by the scores of millions (and who knows who all is reading them) and Google glories as the arbiter of what's acceptable for you and I or not, Sam Graber's new play, *mONSTER*, gives context to this by looking at the beginning of the World Wide Web and some of its more negative developments. This Swandive Theatre offering at Southern Theater is set in a single room with manifestations of the web surrounding it.

Director Damon Runnals wants the audience "to be engulfed by the world we are creating and at the same time share the feelings of claustrophobia and oppression



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that a college dorm room can elicit. It's going to be a wild ride, merging those two worlds on stage."

THE NETHER

Through Oct. 15

Jungle Theater, 2951 Lyndale Ave. S

Minneapolis

612-822-7063

www.jungletheater.com

Jennifer Haley's acclaimed drama, *The Nether*, blends sci-fi, crime, and our unspoken desires into a cautionary tale for our time. At the Jungle, Los Angeles director Casey Stangl returns to the Minneapolis roots of her early career. Stephen Yoakam and Mo Perry star with a supporting cast that includes the masterful Craig Johnson in his Jungle debut as Cedric Doyle. He was one of Stangl's peers at the U of M a generation ago.

Johnson calls *The Nether* "a gripping stage thriller with exciting reveals and plot twists, but at the same time it raises provocative questions about virtual reality and online lives—plus sexuality, gender identity, and the nature of love. And I think it's a perfect show for the Jungle because it showcases the intimacy of the space and their virtuoso visual splendor. Doyle is one of the users of an online realm called The Hideaway—I'll just say that his journey is harrowing enough that after rehearsal I usually want to curl up in a ball and take a nap."

THE STANLEY KUBRICK EXPERIENCE

Sept. 28–Oct. 25

Heights Theater, 3951 Central Ave. NE

Columbia Heights

763-789-4992

www.heightstheater.com

Stanley Kubrick (1928-1999) looms as one the most hauntingly magnetic of film auteurs. Each of his 16 motion pictures has its creator's distinct signature, yet they are singular dimensions unto themselves. His was a view so broad, vast, and varied that when you sit and just think about it, you're apt to be bowled over that one mind birthed such a body of work.

The Heights Theater's widescreen is a dream come true for seeing five of Kubrick's movies in their intended movie house composition. DVD just doesn't hack it, even on the biggest screens in the darkest residential rooms (unless you live in a palace). *The Stanley Kubrick Experience* series starts with 1964's *Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb* (Sept. 28, 7:30 p.m.). This Best Picture Oscar nominee and New York Film Critics Best Picture winner spoofs potential perils of overly hawkish



The Nether. Photo by William Clark

views at the Pentagon. The Cold War shifts into overdrive as Kubrick taps into anxieties unleashed by the 1962 Cuban Missile Crisis.

1980's *The Shining* (Oct. 5, 7:30 p.m.) showcases one of Kubrick's primary cinematographers, John Alcott, in utterly breathtaking form. The big screen does it justice! Is *The Shining* a B-Movie with an over-the-top leading performance by Jack Nicholson as his most self-indulgent or does it enter new territory in the region of the macabre? People seem to be hot or cold on this one. But Alcott is definitely hot by any standard.

However, from the series's midpoint on, the Heights selections are much richer, so if you've never seen them, then for goodness sakes, do so! That midpoint is marked by the sumptuously detached 1975 epic, *Barry Lyndon* (Oct. 12, 7:30 p.m.), possibly Kubrick's greatest film. Moreover, by most accounts it has come to be regarded as his most visu-

ally splendid. The inspired casting of Ryan O'Neal in the title role of an Irishman whose fortunes rise and fall in the most classical sense, makes for a magisterial examination of male identity in 18th century. Not to mention the candlelit beauty in Alcott's Oscar-winning camera work. To this day, many feel *Barry Lyndon*, despite winning four Oscars, was robbed of the Best Picture statuette by *One Flew Over the Cuckoo's Nest*.

Full Metal Jacket (Oct. 19, 7:30 p.m.) from 1987 is arguably the best film there is on the U.S. in Vietnam. The searing imprint of war on young male minds is indelibly rendered. And fasten your seatbelts for 2001: *A Space Odyssey* in 70mm! The 1968 groundbreaker—or maybe *skybreaker* is a better term—set the gold standard for sci-fi thereafter and its skepticism toward technology may even be more relevant today than it was 50 years ago. ■



The Stanley Kubrick Experience. Photo courtesy of Warner Bros



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Coming out this fall, TPT's new documentary, *Out North: MNLGBTQ History*, explores the untold past of Minnesota's LGBTQ community. Ahead of the October 16 premiere, join TPT at free events around the Twin Cities and surrounding areas. Watch *Out North* film clips, gather with community, and engage in discussions!

MINNESOTA TRANSGENDER HISTORY CONVERSATION

Creative Arts Secondary School, St. Paul, MN
Friday, September 29 • 6:30 p.m.

LESBIANS ORGANIZING: 1960'S TO TODAY

Elmer L Andersen Library, Minneapolis, MN
Sunday, October 8 • 2-4:30 p.m.

COMING OUT ACROSS MN HISTORY

Pride Student Group and the LGBTQ Center of Century College co-hosts
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Century College, St. Paul, MN
Wednesday, October 11 • 12-2 p.m.

FUNDING PROVIDED BY:

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Visit tpt.org/OutNorth for additional information and updates.



A DAY in the Life

BY ANDY LIEN

PHOTO BY REGINALD JOHNSON, bigback's Photography

LETIA BLADE

Name: Letia V. Blade

Age:
53

Where did you grow up?
I grew up in the heart of Detroit.

Where do you live?
I live in Brooklyn Park.

Who do you live with?
I live with my wife Andria and my 12-year-old daughter.

What is your occupation?
I never liked working for others so I knew at a young age that I needed to have my own business. I owned a cleaning company for 23 years before opening up Top 2 Bottom Men and Women Clothing store located in Brooklyn Park.

When did you come out?
I believe I was 16.

How'd that go?
It was difficult at first but as time went on I decided to live my own life.

When do you wake up?
It depends on the night before...

Phone alarm or old school alarm?
No alarm is needed. My body knows when it is time to get up.

What's the first thing you do in the morning?
First, I have to work out the aches and pains before I start my day.

Breakfast?
I am really not a breakfast person.

Coffee?
Yes...Yes... Yes...

Cream or no?
Cream and lots of sugar.

How do you spend your commute:
My commute is only five minutes. I listen to my favorite gospel CD.

If your job were like a yearbook, what would you be voted?
From the time I was little, I have been known for having the hottest fashion. I would be "best dressed from top 2 bottom."

What inspires you?
The word of God.

Do you eat your lunch while working or take a break?
I usually eat in between customers.

Is your work space tidy or a hot mess?
Tidy, I am very organized.

What's been your favorite job?
Being my own boss.

Who are your heroes?
My grandmother and grandfather.

Favorite weeknight meal:
Pork chops but since I don't eat meat any more now it is shrimp.

Most embarrassing moment:
I was singing in a choir and the music stopped and I kept singing.

On a usual weeknight, you are doing what?
Hanging out with my family.

Bedtime:
Depends on my day.

Favorite weekend activity:
Playing cards with friends.

Words of wisdom to share:
Follow your dreams.



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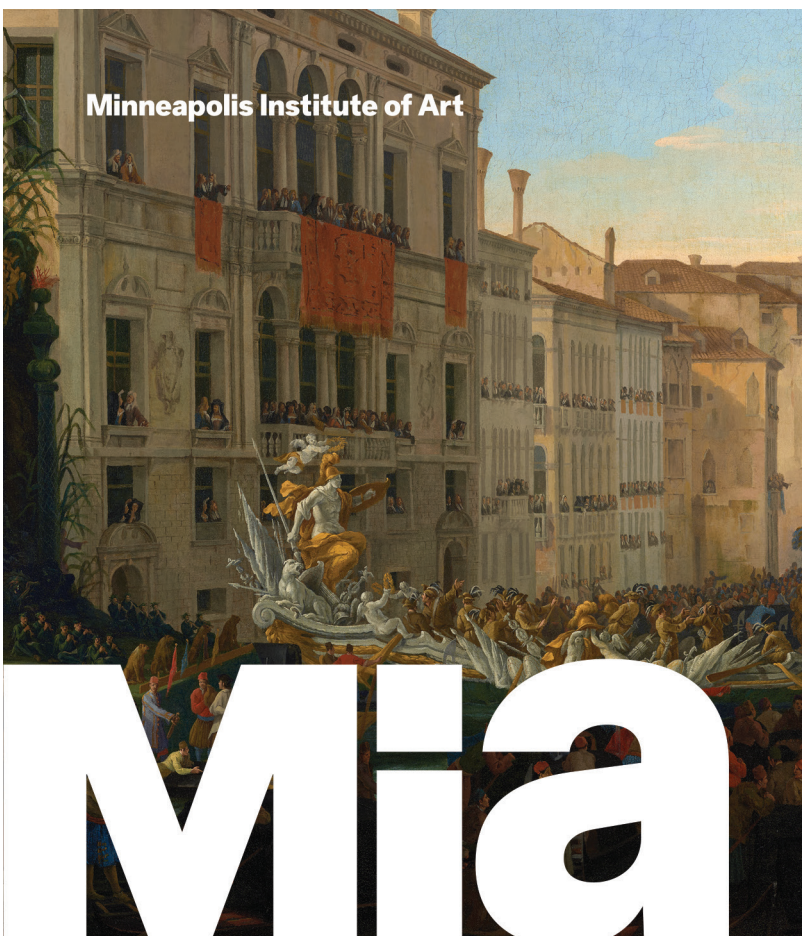
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This exhibition was organized by the J. Paul Getty Museum, the Minneapolis Institute of Art, and the Cleveland Museum of Art, and is supported by an indemnity from the Federal Council on the Arts and the Humanities.

Images: Luca Carlevario (Italian, 1663–1730): *Regatta on the Grand Canal in Honor of Frederick IV, King of Denmark (detail)*, 1711. The J. Paul Getty Museum, Los Angeles



(Left to right) Connect with nature at Big Bay City Park and Big Bay State Park on Madeline Island; Artbar, the smallest bar located in the back of Bell Street Gallery in La Pointe, Wisconsin.

WISCONSIN, UNPLUGGED:

"WATER MEETS THE SOUL" IN BAYFIELD AND ON MADELINE ISLAND

By Mike Marcotte | Photos by Mike Marcotte

A summer's weekend at your college friend's parents' cabin can be a blast. For starters, there's sleeping six to a room, cooking your own meals, washing all those dishes...oh, and there's no air conditioning.

Folks, it's time to start a new tradition.

Bayfield, Wisconsin is four hours northeast of Minneapolis, and the drive along Lake Superior to get there is beautiful. Don't let the town's population of 487 and its total area of one square mile fool you. You'll find amazing farm-to-table restaurants, nightlife, and plenty of ways to connect with nature. A short ferry ride away from Bayfield is Madeline Island, which is quickly becoming a hotspot for city slickers looking to get out of town.

This trip was a blessing in disguise for me. My phone struggled to get service, so by the end of my getaway, I forgot about my obligation to Facebook, and instead, was able to unplug and unwind.

If you haven't ventured to northeast Wisconsin, you're in for a treat. Here's a roadmap for planning the perfect excursion.

GETTING THERE

Going up Interstate 35 through Duluth means you'll take Wisconsin's Lake Superior Scenic Byway to Bayfield. It's a simple drive, and the road was recently repaved, making for a smooth ride. If you head up after work, take a minute and pull over to snap a photo of the sun setting over the lake.

Despite Bayfield's small population, there are plenty of options for finding a place to sleep. I got cozy in a lakeshore condo from the family-owned Winfield Inn and Gardens. Bayfield is not home to chain hotels. Instead, you can rent your

own house or stay at a bed and breakfast to submerge yourself in local charm.

NOT ONE, BUT TWO DESTINATIONS

Bayfield is the starting point to the 22 Apostle Islands on Lake Superior, home to the largest collection of historic lighthouses in the nation. The biggest Apostle Island is Madeline Island, the only one with inhabitants. Vacations to Bayfield and La Pointe (the city on Madeline Island) go hand in hand.

When planning, determine if you want to head up to Madeline Island's two parks, located side-by-side on the east side of the island. Big Bay City Park is the better option for most; there's no fee to get in. Both the City Park and Big Bay State Park offer walking trails and beaches. Big Bay State Park is well-known for cliff jumping.

For those camping on Madeline Island, you'll definitely want to take your car over on a ferry ride. The Madeline Island Ferry takes 20 minutes and it's the only way for tourists to get from Bayfield to the island. To bring your car, you'll pay \$25 to go round-trip. That doesn't include the \$14 round-trip ticket cost per adult. Plan extra time to take the ferry—on the Saturday morning I headed over, I waited nearly 45 minutes on land before my car even boarded.

If you're visiting Madeline Island for the day, you could forgo a car if you don't want to visit the state or city parks. Madeline Island offers bike rentals, but be warned, the island is deceiving: it's about the size of Manhattan. You'll bike about six miles one-way from where the ferry drops off to arrive at the campgrounds and walking trails found at Big Bay City Park and Big Bay State Park. All of Madeline Island's restaurants, shops, and activities are within walking distance of the ferry dropoff.

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(Clockwise) The Fat Radish; look closely at the junk car you're standing on at Tom's Burned Down Cafe on Madeline Island; Madeline Island Bakery owner Alyssa Larsen; canoeing out to Big Bay.

WHEN TO GO

According to locals, September and October are the perfect months to travel to Bayfield and Madeline Island. Prices for overnight accommodations lower dramatically and it's easier to find a place that fits your personality. Plus, because of their location on Lake Superior, temperatures stay more summer-like than other destinations in northern Minnesota or Wisconsin.

Come the first weekend of October, farms and vineyards in Bayfield's "Fruit Loop" are producing a top-notch harvest; the city is the berry capital of Wisconsin. The town celebrates with the Bayfield Apple Festival, an event featuring an evening fish fry, live music, and a carnival.

Typically, the number of visitors dwindles quickly after mid-October. The two towns stay relatively quiet during the winter months; on average, Bayfield racks up 89 inches of snow. However, the Apostle Islands hosts an annual sled dog race in February and Bayfield turns into a jumping point for those looking to experience the ever-popular sea caves on Lake Superior if the ice cooperates.

A FOODIE'S PARADISE

I had great meals in Bayfield and on Madeline Island. Don't fuss with buying groceries and cooking in your condo. Instead, start with this list of restaurants.

The Fat Radish

200 Rittenhouse Avenue, Bayfield, WI

www.thefatradish.weebly.com

Pad out your schedule with extra time for a visit to The Fat Radish in the heart of Bayfield's downtown. They stress they're not a "food is cooked in seven minutes" type of restaurant; instead, items are made to order. In fact, that's the vibe I got from all Bayfield and Madeline Island establishments. They're on "island time" and it moves a bit slower. Your patience will pay off.

The Fat Radish's BLTE showcases local bacon, lettuce, tomato, eggs and garlic aioli served on a ciabatta roll. It was a great way to start the day.

Farmhouse Madeline Island

858 Main Street, La Pointe, WI

www.farmhousemadelineisland.com

Farmhouse Madeline Island serves breakfast, brunch and lunch everyday until 3:00. Like The Fat Radish, Farmhouse focuses on local, organic, and sustainably sourced food. Gluten-free, vegan, and vegetarian options are prevalent on the menu. The owner suggests you get the Kimchi Rachel. Oh, and check out their Facebook page for evening pop-up dinners—they recently held a four-course ramen experience.

Madeline Island Bakery

101A Middle Road, La Pointe, WI

www.madelineislandbakery.com

I frequently check Google reviews before I visit businesses and restaurants in a new city. Typically, when a score is 4.2 to 4.7 (out of 5), it means the place is worth a visit. It's rare I find spots that get anything above 4.7. Madeline Island Bakery has a perfect rating and it's well deserving of the praise. From cookies to pies to coffee cake, everything owner Alyssa Larsen is baking in her teeny-tiny kitchen is top-notch. A must visit.

SHOPPING AND MORE

Madeline Island Candles (LGBT owned)

219 Colonel Woods Avenue, La Pointe, WI

www.madelineislandcandles.com

After a kitchen experiment making candles soon took over their entire house, Michael Childers and his husband, Glenn, started a new chapter in their lives and opened a candle factory in La Pointe, Wisconsin in 2012. Their soy candles come in clean, well-styled packaging and make for great gifts. Their current shop, inside a historic home on Madeline Island, is one of the first spots you'll see off the ferry. And if you can't make the trip, their online store is booming.



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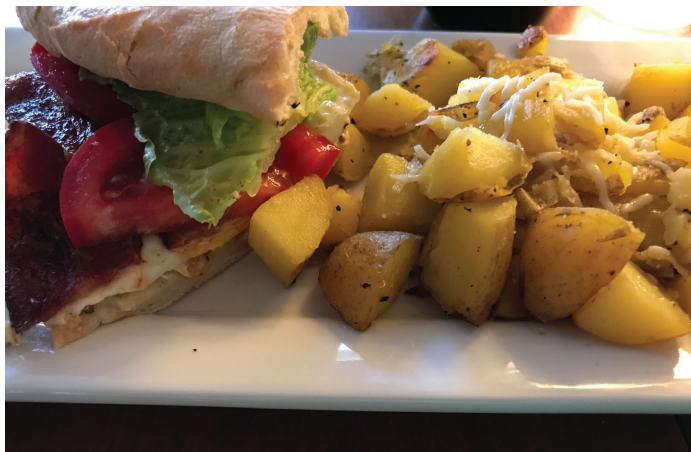
Home to 15 berry farms and orchards,
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BLTE at The Fat Radish in Bayfield, Wisconsin.



Someone took everything from your garage and called it Tom's Burned Down Cafe.



Buy local at Bell Street Gallery on Madeline Island.



LGBT-owned Madeline Island Candles.

Woods Hall Gallery and Studios

712 Main Street, La Pointe, WI

www.woodshallcraftshop.com

A small, yet hearty group of residents call Madeline Island home year-round. The boom in visitors over the summer keep them busy, with many working in the service industry. However, providing for themselves and their families during the off-season can be a struggle. Enter Woods Hall, an association of over 70 artisans. In the front on the building, visitors will experience a showroom with beautiful hand-loomed rugs and scarves, jewelry, pottery, and more. In back rooms and upstairs, locals are hard at work creating these stunning pieces. Residents pay a small fee to access the workrooms, which stay open year-round.

Tom's Burned Down Cafe

274 Middle Road, La Pointe, WI

www.tombsburneddowncafe.com

Located in the middle of Madeline Island's business district is something that looks like an old circus tent held together with road signs. That would be Tom's Burned Down Cafe. The owners do not have a permanent structure on their land, so you could consider it more like the ultimate pop-up bar that's always there. The foundation of this "bar" is made of junk automobiles (look close enough and you'll see them). There's no shortage of charm and quirkiness there. It's definitely a spot you'll want to visit at the end of the day for a drink and live music.

OTHER SPOTS IN BAYFIELD AND MADELINE ISLAND WORTH YOUR VISIT

Bayfield Inn

20 Rittenhouse Avenue, Bayfield, WI

www.bayfieldinn.com

Featuring a rooftop deck with live music, head there to witness a beautiful sunset over Lake Superior.

Bell Street Gallery

807 Bell Street, Bayfield, WI

www.bellstgallery.com

Walk inside to experience Wisconsin's smallest bar and live music.

Dockside (LGBT owned)

190 Colonel Woods Avenue, La Pointe, WI

www.docksidegifts.com

Featuring gifts, housewares, and souvenirs.

Island Eats Food Truck

Located next to Bell Street Gallery

www.facebook.com/LSGHFoodtruck

Personal recommendation: get the whitefish tacos. ■

RESOURCES

Bayfield Chamber of Commerce & Visitor Bureau

www.bayfield.org

Bayfield Berry Report

www.bayfield.org/berries

Updated twice weekly during the summer with berries and fruit available for picking at 15 farms and orchards.

Bayfield Wine & Spirits (LGBT owned)

13 South Second Street, Bayfield, WI

www.bayfieldwineandspirits.com

Madeline Island Chamber of Commerce

www.madelineisland.com

Madeline Island Vacations (LGBT owned)

852 Main Street, La Pointe, WI

www.madelineislandvacations.com

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20 MINUTES BETWEEN BAYFIELD AND MADELINE ISLAND



(Top) Photo by Maridav/Bigstock; (Right) Photo by luv4art/Bigstock.

SAIL AWAY

By Kassidy Tarala

Vacation can be just as stressful as it is relaxing. From planning the trip to fitting it into your busy schedule, the process of simply choosing a destination can cause just as much stress as the relaxation of the vacation. Ease your vacation planning anxiety with one of these cruises specifically tailored to the GLBT community.



Atlantis

www.atlantisevents.com

Community focus: Gay

Not only does Atlantis offer all-gay cruises for men, but it also hosts all-gay vacations at its own resorts. Cruise from Amsterdam to Barcelona, San Diego to Mexico, Auckland to Sydney, or around the Caribbean on one of Atlantis' all-gay cruises. Atlantis offers the best of both worlds with exciting party life on the boats as well as relaxing island time. If cruising isn't your style, Atlantis hosts all-gay vacations at its resorts in Vallarta and Cancun. Club Atlantis Vallarta is their most popular resort, and their all-gay week from Nov. 5-12 can host up to 700 guests. Club Atlantis Cancun hosts an all-gay week from April 28 to May 5, which has a capacity of 750 guests. This beach vacation is both relaxing and adventurous with endless beach activities. With so many options, Atlantis is a great vacation option for an all-gay vacation that is relaxing without the stress.



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Chumley's BearCruises

www.bearcruises.com

Community focus: Gay and lesbian

Traditionally for the GLBT's bear community. Chumley's BearCruises are for all gay men, regardless of appearance, and women, too. Founded in 2003 by Mark 'Chumley' Singer, Chumley's BearCruises are as entertaining as they are scenic. With cruises around islands in the Caribbean including St. Maarten, St. Kitts, Antigua, St. Lucia, and Barbados, Chumley's BearCruises seldom lack a beautiful view. Each cruise is hosted by Chumley himself and involves movie nights, karaoke, and a lot of partying. The fall 2017 trip is a 7-day sailing adventure departing from Miami, FL and exploring St. Maarten, Puerto Rico, and Bahamas. The spring 2018 trip is 7 days around the southern Caribbean and departs from San Juan, Puerto Rico.

RSVP Vacations

www.rsvpvacations.com

Community focus: Gay and lesbian

Dating back to the '80s, RSVP Vacations has been sailing GLBT community members around Asia, Africa, Europe, and the Americas as well as adding the Caribbean, New England, and Alaska in the '90s. Some upcoming cruises include the Danube Explorer cruise from Oct. 12-19 and the Koningsdam Caribbean cruise from Feb. 11-18. RSVP Vacations offers cruises to anyone 21 and up, single, in a relationship, or otherwise. RSVP Vacations has served over 100,000 guests from this diverse community. Reserve your spot online and see for yourself what makes RSVP Vacations such a popular cruise company.

Brand g Vacations

www.brandgvacations.com

Community focus: Entire GLBT community

Owned and operated by RSVP Vacation's former president and director of marketing, Brand g Vacations was started as a means of providing more exotic cruising opportunities for the GLBT community. Brand g Vacations offers river cruises all over the world in locations such as Prague, Danube, Vietnam, Cambodia, Africa, Machu Picchu, Amsterdam, Italy and more. Each cruise is all-inclusive and offers activities and exploration in addition to the traditional cruise experience. Explore some of the world's most fascinating rivers while adventuring the Amazon, touring wine country, or embarking on a safari through Africa.

Source Events

www.sourceevents.com

Community focus: Entire GLBT community

Source Events is a great cruise line if you're looking for a vacation to enjoy with your partner, friends, or the entire family. Source Events is tailored to the GLBT community but frequently welcomes straight friends and family members, especially on their Miami Pride Cruise. While the majority of their trips are open to the entire community, Source Events has specific naturalist cruises which are for gay men only. Cruises are open to singles as well as couples, and their smaller cruises are typically about 50 percent singles and 50 percent couples. Source Events cruises embark on journeys around Italy, Galapagos, Africa, and many other locations throughout the Americas, Asia, Africa, Europe, Oceania, and the Caribbean.

Olivia Cruises

www.olivia.com

Community focus: Lesbian

Having served over 200,000 passengers, Olivia is one of the top cruise lines for lesbian women. Olivia has featured headliners like Melissa Etheridge, Whoopi Goldberg, and Wanda Sykes as well as special guests includ-

ing Maya Angelou and Suze Orman. Olivia cruises explore areas around the Caribbean, Amalfi coast, Norwegian fjords, Venice and Athens, and they host vacations at resorts in Punta Cana, Vallarta, Cancun, and Bahamas. There are also a number of riverboats servicing areas around Switzerland, Amsterdam, Burgundy, Provence, Vietnam, Cambodia, Frankfurt, and Prague. Additionally, Olivia hosts trips in the United States that include adventures around various parts of Hawaii and Alaska.

Transgender Vacations

www.transgendervacations.com

Community focus: Transgender

Founded by transgender social activist Stephanie Land, Transgender Vacations operates with the mission of providing various vacation opportunities for transgender men and women who are looking to enjoy safe cruises around different parts of the world. Transgender Vacations is based in Miami, FL with an alliance office in London, United Kingdom. Transgender Vacations helps plan your trip for you, and they understand how important it is to ensure that you feel comfortable and safe throughout the entirety of your trip, especially considering Land, who is transgender herself, works as a travel agent. Transgender Vacations offers trips around the Caribbean, Mediterranean, Mexico, Europe, Italy, Greece, and more.

OUT Adventures

www.outadventures.com

Community focus: Gay and lesbian

OUT Adventures has been serving the GLBT community since 2008 with trips around Thailand, Canada, Croatia, Iceland, and more. Each trip includes more than just a cruise, with opportunities to explore, hike, enjoy various beaches, and experience new cultures and people. OUT Adventures' number one priority is ensuring that each and every one of its customers feels safe and loved throughout the duration of the trip. If you're looking to explore more on land, OUT Adventures has plenty of opportunities to stay in one place with cottages, hotels, and other local accommodations.

DETOURS Travel

www.detourstravel.com

Community focus: Gay

Although DETOURS Travel welcomes women, it has a customer base that is 98 percent gay men. Each journey can be tailored to the traveler's preferences, so whether you want to be active the entire time or just lounge on the beach and enjoy a few drinks, there isn't a DETOURS Travel journey that wouldn't suit you. DETOURS Travel has trips around Europe, Croatia, South Africa, Spain, Greece, Costa Rica, Peru, and Thailand, as well as customizable trips to a variety of locations. Trips range from group trips to smaller individualized ones, but all are open to singles as well as couples. Trips can also be scheduled for large groups such as a gay softball team.

Pied Piper Travel

www.piedpipertravel.com

Community focus: Gay and lesbian

Operating since 1990, Pied Piper Travel hosts hundreds of gay and lesbian groups on their various cruise ships. After retiring their original ship Queen Elizabeth 2, Pied Piper Travel began sailing Queen Mary 2 and Queen Victoria in 2004 and 2008. All trips include a welcome aboard cocktail party, private dining tables, a tour host, outdoor midnight parties, all-inclusive meals and entertainment, complimentary group photos, access to a private Yahoo group to chat with fellow group members, and optional private group shore excursions. Cruises explore areas of Iceland, Ireland, Australia, Costa Rica, South Africa, Panama, and many more. ■



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Photos courtesy of (c) #visitfrankfurt, Holger Ullmann

FRANKFURT

AND FRIENDS

By Carla Waldemar

Frankfurt is ready for its closeup. Visitors to Germany often fail to venture beyond the city's airport or train station before rushing off to their intended destination. Big mistake.

There's more to discover than those shiny skyscrapers lining the River Main that bred nicknames like "Mainhattan" and "Bankfurt." Yet the city's Old Town is as charming as many in the land. Add a boho district where off-center is a way of life and a roster of museums that rival—nay, surpass—those of many a European city. And there's food, both traditional and trendy.

Above all, there's the factor Frankfurters claim makes their city percolate: its diversity. "We embrace our contrasts," they boast. Thus, a red-light district in the shadow of those towering banks. Diversity, too, as in a busker playing Bach on his accordion and a coffeehouse that sells underwear.

Where to start? Right along the riverbank that flourishes as Frankfurt's Museum Row. The Stadl serves as grande dame of bold-name painters, from Raphael to Fra Angelico, Rembrandt to Monet—then, ta-da!—a wing as contemporary as tomorrow, with works like Andy Warhol's portrait of poet Goethe.

Wander on to Liebighaus, shining light on sculpture since time began (think: Egyptians) through the Renaissance. Then museums devoted to architecture, to film, to Jewish history, and to the city's history, including a topographical map of Frankfurt before and after its near-destruction in World War II.

After that destruction, what? Frankfurt's citizens chose to rebuild the Old

Town exactly as it had stood for centuries, starting with Römer, the town square that serves as its epicenter, anchored by a Gothic City Hall, where wedding parties stream in and out (Adam and Steve among them). Nearby, St. Nikolai Church, erected in the 13th century, welcomes visitors to its tiny chapel.

On the cobblestone square, mimes perform, balloon sellers wander, kids chase pigeons, cafes peddle beer and brats, and a marker remembers the Nazis' book burning right here in 1933. In today's happier times, it hosts the city's famous Christmas Market. Behind it stretches Spargasse, a lane lined with fanciful buildings as envisioned by futurist architects. And beyond, the lacy Gothic spire of the grand Cathedral rises.

St. Paul's, nearby, has segued from church to center of democracy. It's here, when the Holy Roman Empire collapsed, that Germans held their first-ever elections. Here, too, JFK delivered a now-famous speech in 1963. Turn a few more corners and there's Goethe's House (well, an excellent post-bombing recreation), open to tour.

Ready to drop unless you shop? Step onto the wide, pedestrian-only avenue called Zeil, home to every brand name known to man and people-watching as looky as the fashions. For offbeat, indie boutiques, cross to the opposite side of the river, where the neighborhood called Sachsenhausen provides eye candy.

It's also in this corner of the city that old-time taverns deliver refresh-

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ing quaffs of Frankfurt's famous apple wine, delivered in gray earthenware pitchers. Daheim in Lorsbacher Thal, which opened its cellars in 1803, even offers flights of this hard cider, ranging from crisp and tart to gently sweetened with a touch of quince. While away an afternoon in its courtyard with a matching flight of unique snacks, including hand cheese, sausage salad, and the city's signature green sauce, lush with herbs. Eat it with hardboiled eggs and potatoes, or wander over to Wagner's (in business since 1931) where it sides a schnitzel.

Back across the river, a stop at Klehnmarkt Hall is a must. Patrol scores of stalls selling everything good to eat from cheese and sausages to buns and fruit, then take your picnic to the open-air balcony. Leave room for dinner deluxe at the fine-dining (but relaxed and inviting) restaurant within the Grandhotel Hessischer Hof, once the mansion of a noble and furnished with the family's antiques. Sip wines from their nearby vineyard while you sup on supple beef tartare or grilled scallop adjoining avocado salad and chimichurri, then veal three ways (filet, foie, sweetbreads) or cognac-flamed salmon with kohlrabi, kimchi cucumber, and wild rice. Dessert? Can't resist the cheese cart.



Photo courtesy of _c Tourismus und Events Ludwigsburg

HOP A TRAIN

In Stuttgart, two hours distant, life is comfortable, relaxed, serene. The moment you exit the train station, you'll discover why: from its tower rises not a city crest nor German flag, rather, the emblem of Mercedes-Benz. The luxe automaker's HQ is here (and Porsche's too).

Another reason: the acres-wide Palace Gardens anchoring the Old Town, where locals promenade, enjoy picnics, and cool off near the pond and fountains from dawn till well past dusk. It's the city's living room, bound by the former palace on one edge, the forward Kunst Museum on another, and cafes with beer gardens sprinkled in between.

The Kunst—a showplace of uber-modern art, highlighted by works of homeboy Otto Dix, sports a glassy rooftop restaurant called Cube, from which to view the city. Gaze past the Opera House—home also to the world-famed Stuttgart Ballet—to another cache of artworks, the Staatsgalerie. You'll spot it—and then get out your camera—by its green-and-magenta-striped façade, a scandal when it debuted in 1985 and now a beloved city icon. An exhibit called Graphic Boom spotlights works by Warhol and Rauschenberg, Lichtenstein and Robert Indiana. (Another wing celebrates the avant of earlier times: Munch, Matisse, Renoir, Gauguin.)

Reaching farther back, the Landesmuseum unveils the region's history with intriguing social insights, from Stone Age through Celts and Romans, the glorious Middle Ages and disastrous Thirty Years War, to the glorious Age of Enlightenment, helped along by local poet Schiller.

Dine in the shadows of his statue at Alte Kanzlei, featuring local spe-

cialties maultaschen (like ravioli) and spaetzle rich with cheese. And local beer, of course.

More food finds at Feinkost Bohn, an upscale food market, and the sprawling Markthalle with over 40 stalls—Iranian caviar to Iberian ham and Hungarian paprika—and on the mezzanine, clever boutiques for home- and self-adornment. Shoppers stroll Konigstrasse to eye everything from H&M to Hugo Boss in his hometown, or visit Brenningers, the Harrods of the city.

In Nurnberg, also two hours' distant, "We don't show off. We're down to earth. We enjoy life, and the city's always busy," declared a young professional who could live anywhere and chose this city for his home. He relishes its food scene, so let's start there, at year-old Einzimmer Küche Bar, celebrating regional, seasonal fare of Michelin quality in a casual setting. We lunched on a summery cold melon/cassis soup, then duck breast aside mashed celeriac adorned with blueberries and wild mushrooms. For dessert, we crossed the street to Neef, an elite patisserie of 45 years producing edible artworks such as fruit tarts topped by whatever's at the height of the season—today, plums. Another time, rhubarb, cherries, apricots, cranberries. But Neef's claim to fame is gingerbread: the famous Nurnberg lebkuchen, shaped like an outsized cookie, fragrant with nuts, orange, and hosts of spices.

Classics like this are a good fit for the city, whose Old Town is straight out of a Visit Germany brochure. Stroll along pedestrian-only Konigstrasse as it scrolls past market stalls with red-and-white striped awnings, past half-timbered houses, up, up toward the castle (open to visit) with views capturing the town below, surrounded by the only complete wall in all Germany.

Look for the spires of its three famed churches: St. Sebald of 1220, where a golden casket bears relics of the saint and stained-glass windows gleam. Then St. Lorenz, erected as a lookalike rival (one is an inch or two taller, gaining bragging rights) and glittering rose window. Frauenkirche, on Market Square, was built by Emperor Charles IV (he's sitting in his best gold robe beneath the clock). Catch the glockenspiel performance every noon as his courtiers pay homage.

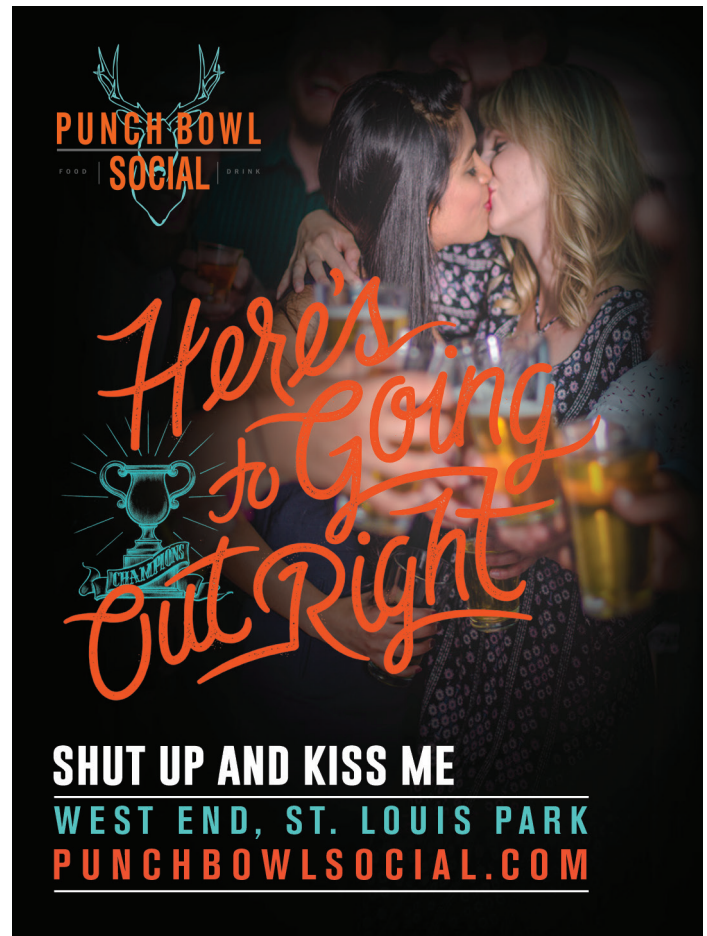
But artist Albrecht Durer had a bigger fan club. The town's most famous son—well-to-do thanks to his engravings (the famous praying hands, the rabbit), which earned him this 600-year-old half-timbered house for his studio. Repros of his paintings are on show, but to see the real deal, visit the German National History Museum that captures 3,000 years of the country's heritage, from Stone Age to monks' cloisters to its bold-name painters—Durer, Holbein, Cranach. Another wing showcases homey crafts over the centuries, from painted armoires to hobby horses. Approach the building along an avenue punctuated by Pillars of Human Rights. (Nurnberg, after all, was the seat of Hitler at his most maniacal, and the postwar criminal trials.) Neighboring Neues Museum boasts a collection of international design since 1945—sleek sewing machines to toasters, plus exuberant contempo works.

Speaking of homey arts, it's high time to taste the city's famous bratwurst. At Bratwurstglucklein Sturn, pick the number of the finger-sized sausages you crave, accompanied by sauerkraut or potato salad. And beer, of course. At Altstadt Hof, enjoy them in the courtyard, along with spaetzle.

Another food icon: the soft, heart-shaped pretzels everybody snacks on. They're best at Brezer Kolb, where its enthusiastic owner, Peter Kolb, oversees production of 30,000 to 40,000. Per. Day. He's also got the world's only pretzel drive-through. Choose your filling, ranging from salmon or sausage to cheese to just plain butter, the most popular.

For a culinary finale, head to Wurzhäus for dining deluxe in a casual-chic setting. Choices include a primo cold pea soup; quail, deconstructed and reconstructed with tiny egg, confit, breast meat, foie and roast cauliflower; then char, moist and pink amid bamboo. Bravissimo!

Want some, too? Check out www.germany.travel. ■





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(Clockwise) Caesars Palace Exterior. Photo by Dave Burk; The Las Vegas Strip. Photo courtesy of www.BillionPhotos.com/Bigstock; Luxor Hotel and Casino. Photo by Oksana Byelikova/Bigstock

KICKING BACK IN VEGAS

By Carla Waldemar

What happens in Vegas doesn't stay in Vegas, as far as I'm concerned. I'm here to let y'all in on a few of the city's secrets, and here's the first: make it a mid-week stay to snag better show tickets, restaurant reservations, and a front-row chaise at the pool of your hotel (better room rates, too).

Here's another: Don't even dream of driving. Hop the tram, hail a taxi, arrange for a car service, or summon Uber. Walking is a death wish with Nevada temps often in three digits.

More insider info: The original, and once-seedy downtown, a few miles from the bright-and-shining Strip, is newly refurbished to delight hipsters, but still strong on anti-gentrified appeal. Browse Fremont Street under an air-conditioned canopy as you slurp your 99-cent shrimp cocktail and collect dollar-store souvenirs. Grab a bite of classy comfort food at the Downtown Grand Hotel/Casino between visits to nearby must-see attractions, starting with the Neon Museum.

Here, take a guided tour housing 200-plus rescued and restored signs saved in its Boneyard—the golden nugget from the original Golden Nugget of 1946, the city's first casino; the iconic Silver Slipper of 1955, and 1955's Moulin Rouge, the first racially integrated hotel/casino. The Steelman, who advertised a pool hall. The Ugly Ducking, fronting a used-car dealership. The Happy Shirt, “cleaners to the stars.”

Then dive into the Mob Museum, housed in the actual courthouse

where Senator Estes Kefauver cracked down on organized crime. You're read the Miranda Act in the elevator leading to the “slums of New York,” which tempted Irish, Jewish, and Italian immigrants to turn to crime: organized crime, that is, infiltrating industries from garment workers to longshoremen, from sports to Hollywood to boozing, gambling, and prostitution.

Follow the odd couple of Lucky Luciano and Meyer Lansky as they ousted the original thugs and formed a national syndicate. Experience Chicago's Valentine's Day Massacre of 1929; J. Edgar Hoover's efforts to nab Dillinger and Pretty Boy Floyd; the arrival of Bugsy Siegel in Nevada to purchase The Flamingo, the mob's first casino. View a video of a Cosa Nostra initiation (“We're your new family”) or electric chair (seat yourself for a photo op) and even a mention of Minneapolis, where Kid Cann held sway. Then practice on a Tommy gun or revolver before you leave. Just in case.

Back on the Strip, climb aboard the High Roller, the world's largest Ferris wheel, for a half-hour loop that captures an ideal overview of all that shines below (specials include a bar car and yoga session).

Or fasten your seat belt for a helicopter tour. Sundance offers a package with a 30-minute spin over the moonscape that's the Red Rock Mountains, landing at Pahrump Valley Winery (really—right here in the desert!), where Minneapolis native Bill Loken and winemaker wife

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(Left to Right) Neon Boneyard Park museum. Photo courtesy of karenfoleyphotography/Bigstock; Pool at the LINQ Hotel & Casino. Photo courtesy of Caesars Entertainment; Chef Julian Serrano at Bellagio's Lago. Photo courtesy of MGM Resorts

Gretchen took over a failing property and restored it to medal-winning status. Tour and taste, savor a four-course dinner (lobster bisque to filet or fish) in view of the vineyards, then depart with a gift bottle before zooming back over the bright lights of the Strip.

Gaming fans, you're never more than an ATM away from the slots. And for those whose game of choice is shopping, same deal. Consider the options at Bellagio, beyond its Fine Arts Gallery's exhibit chronicling the rollercoaster life of boxer Muhammad Ali, plus the chance to pick up your very own Van Gogh ("price upon request"). Visit the storefronts of Gucci, Vuitton, Chanel, Prada, Dior, Tiffany, Armani and more. Then watch the resort's iconic dancing fountain while your credit card cools off.

Same goes for Caesars Palace, where you'll spot Michelangelo's "David" lookalike and the Trevi Fountain (which you thought was in Rome) in the exalted company of Jimmy Choo, Fendi, Saint Laurent, Valentino, and—huh?—H&M.

Mandalay Bay's arcade doesn't spare the glitter, either, while its Shark Reef invites voyeurs to get up-close and personal with a deathly komodo dragon (if his razor teeth don't get you, his poison will), piranhas, stingrays, and sharks aplenty. And opening nearby in Vegas' new stadium in 2018, welcome the Raiders, the city's first professional team (hockey's on the way, too).

But you came for showtime, right? Sorry, just missed Cher. Well, not quite. At "Divas" at Mat Franco Theater in The LINQ Hotel/Casino, super-sequinned, coiffed female impersonators bring onstage everyone from Patti and Celine to Cher, backed by a six-man dance team that's sky-high on the city's charts.

Now for the hardest decisions—where to eat. Vegas is the dining capitol of the continent, if not the universe, where bold-name chefs from New York to New Orleans to L.A.—and even Paris—have opened outposts. Some of the newest arrivals include GIADA in the Cromwell Hotel/Casino, whose chef from Rome earns raves for a bounteous caprese salad and fritto misto. Plus the beyond-decadent lobster ravioli. Risotto studded with crab and scallops. Or mustard-crusting lamb with spinach, raisins, walnuts, and gremolata.

The Bellagio's Lago salutes Chef Julian Serrano's mastery of the Mediterranean kitchen, from a critter-rich seafood salad to showcase composition of Spanish pata negra (like prosciutto) and creamy home-made burrata cheese. Then on to linguine studded with sweet tomatoes

and the inspired union of pulled duck atop polenta.

Chef Lorena Garcia rules at The Venetian's CHICA with her creamy guac, hearty empanadas, and blue cheese/wild mushroom quesadillas, or meltingly tender Venezuelan short rib and porchetta with crispy Brussels sprouts. Don't forget the corn—both as lollipops, coated in Mexican cojita cheese, or in her take on mac con queso.

Arrive ravenous at Caesars Palace's Bacchanal Buffet, where the top-of-the-line food line segues from Asian (sushi, dim sum, seaweed salad, noodles) to Italian (pasta, pizza, meatballs), from Mexican (pork in mole verde, empanadas) to all-American (carved roasts of every sort, ribs, burgers, cold shellfish, hot biscuits and gravy) and more-more-more. Plus an endless dessert station.

Still hungry? Plan your return visit at www.LasVegas.com. ■

LUXOR'S TEMPTATION SUNDAYS

Luxor Las Vegas was one of the very first properties to welcome a gay audience. That was over eight years ago when management's eyes opened ("What color is their money?") to the prospect of attracting gay clientele via dedicated pool parties, which now attract up to 500 participants, both locals and visitors, to the laid-back event Sunday afternoons from mid-May to October.

"It's a really chill afternoon," says Marketing Director Tim Evans. "A relaxed crowd, with guys in their 20s to 60s—similar to a tea dance." The afternoon offers drinks specials, DJs, go-go boys, and events such as swimwear fashion shows. "It's an unstructured, safe, comfortable environment," Evans notes.

Register ahead at Luxor.com for free admission, which otherwise is \$10 for MGM Hotels guests and \$20 for others. Check out the hotel's LGBT Facebook page, too.

Tim notes that Vegas' Pride will be October 20-21 this year, featuring one of the Pride celebrations' only nighttime parades on Friday, followed by Saturday and Sunday festivals at Sunset Park.

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Temple of the Vedic. Photo courtesy of Brand g Vacations

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INCREDIBLE FALL GETAWAYS

By Eric Poole

Fall getaways don't have to just be ski vacations. Or leaf peeping. Or last-ditch efforts to recapture summer by getting hammered at some all-inclusive resort. If you're willing to travel a little farther, you can turn that fall getaway into one of the most memorable trips of your life.

India and Nepal (and its neighbor, Bhutan) are off-the-beaten-track destinations that feature incredible UNESCO World Heritage sites, amazing other-worldly cultures, and in the fall, some of their best weather of the year.

So what exactly is there to see?

Let's start with India, where the Taj Mahal is just the tip of the iceberg. India has 35 UNESCO World Heritage sites. (The U.S., by comparison, only has 23.) And with British and French influences—Britain ruled India for nearly two centuries, and France had colonies there, as well—it's a continent of extraordinary variety, both in architecture and customs.

Just a few of the incredible sites (beyond the Taj) include:

The Red Fort (New Delhi): Considered the height of Islamic-influenced architecture, the massive 17th century Red Fort was home to emperors of the Mughal dynasty. Check out the marble pavilions encrusted in jewels.

- The Rajbari Temple Complex (Kalna): Home to 108 enchanting, slope-roofed temples, 74 in an outer circle and 34 in an inner.
- Hazaduari Palace (Murshidabad): A stunning Colonial Palace with more than a thousand real and false doors in its vast corridors.

Murshidabad itself is an architectural gem on the Ganges, home to dramatic, whitewashed British colonial structures.

- Temple of the Vedic (Mayapur): A gorgeous new temple complex being constructed as the home of the Vedic spiritual tradition, it includes one of the world's greatest planetariums.
- Agra Fort (Agra): A 94-acre fort built in the 15th century, it houses more than two dozen richly decorated monuments in the imposing Mughal dynasty style.

But, of course, India isn't just about history and temples.

Huge street bazaars are popular and plentiful. Filled with incredible handmade Indian crafts, Kashmiri carpets, spices, textiles and art, these bazaars are a fabulous place to pick up souvenirs and special gifts for your home. Be sure to bargain—you can end up paying half the stated price.

And India is known for some of the most palatial hotels—some, literally, in palaces—in the world. Five-star doesn't begin to describe the level of luxury, service, and over-the-top opulence, all of which you can get at prices comparable to three-star hotels in the U.S.! The Rambagh Palace in Jaipur, for example, is the former residence of the Maharaja of Jaipur. You'll feel like you should be carrying a scepter.

And then there are the amazingly warm Indian people. These gracious, kind, unassuming citizens embrace visitors with the sort of welcome that will make you never want to leave.

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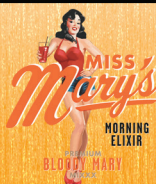
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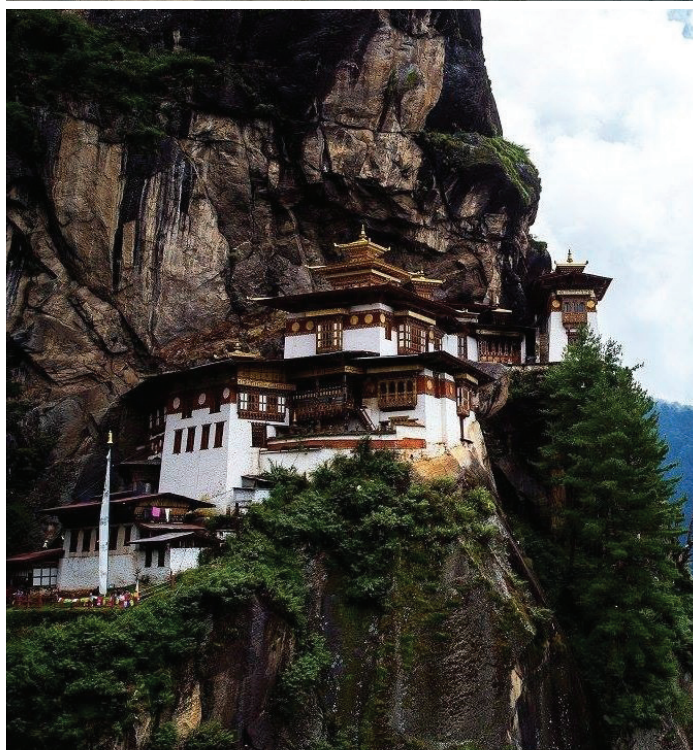
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(Top to bottom) Rambagh Palace Hotel; Himalayas; Paro Taktsang.
Photos courtesy of Brand g Vacations

Nepal and Bhutan are compact countries that run along India's northern border. They feature a wealth of extravagant Hindu and Buddhist sites, which include:

- Pashupatinath Temple: The largest temple complex in Nepal, built in the 5th century, it stretches along both sides of the Bagmati river, and is considered one of the most important religious sites in all of Asia. Hindu cremations are performed here, and are fascinating rituals—but they're not for the faint of heart!
- Kathmandu Durbar Square: One of three Royal Palace squares, it's surrounded by the spectacular architecture of the royal palace and temples. It also holds the Kumari Chok, a gilded ceremonial cage in which a girl—chosen to become the human incarnation of the Hindu mother goddess—is worshipped by the Nepalese.
- Boudhanath: With countless monasteries surrounding it, it's one of the largest Buddhist stupas in Nepal and indeed, in all of Asia. On each side of the stupa are a pair of the all-seeing eyes of Buddha, which could seem creepy but are meant to symbolize awareness. Light a butter lamp and send a prayer anywhere you wish.
- Swayambhunath: Also known as the "Monkey Temple," it's one of the holiest sites in Nepal. And because it sits atop a hill, it offers stunning views of Kathmandu below.
- Everest: If you want a heart-in-mouth moment, take a one-hour flight over the Himalayas. You'll see Mt. Everest up close and personal, in a way almost no one except those insane trekkers ever do. An extraordinary experience.
- Paro Taktsang: Also known as the "Tiger's Nest," this 17th century monastic retreat in Bhutan clings to the side of a Himalayan mountain nearly 10,000 feet above sea level. The cultural icon of Bhutan, it features absolutely breathtaking views of the mountains and emerald green valleys below.


So, if you're thinking about a fall getaway, why limit yourself to ski slopes, and leaves, and passing out by the pool?

Go farther-flung, and take a trip you'll never forget. ■

Eric Poole is Director of Marketing for Brand g Vacations, the award-winning all-LGBT cruise and land tour company. More info here: www.brandgvacations.com.

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Photos by Randy Stern

ROAD TRIP

TIPS

By Randy Stern

What is the best way to see our wonderful nation?

One could argue that flying will get you somewhere faster, intercity bus is much cheaper to go, and the train has a romance of its own. It would be a disservice to break down the pros and cons on each form of travel, but I have my own argument to present.

Then, there's travel by automobile. This is what I recommend as the best way to see our country — up close and personal.

As *Lavender's* automotive columnist, I would naturally advocate traveling by automobile. It has its own romance and sense of adventure. You do see everything up close with just a stop, unlike a lot of travel methods. And, you can set your own timetable and routing on when to go and how.

It is all about freedom. The freedom to roam and witness life with minimal filter. That is what travel by automobile is all about.

To partake in that freedom, there is plenty to do before, during, and after you take your road trip. It can be labor-intensive, or not. But, if you're like me, you like to be prepared for anything on the road ahead. You like to do your homework before you drive off.

How do I prepare for a road trip?

First of all, I like to decide where to go and how to get there well before I take off. The big thing for me is budget. Not a lot of us have the

money to do grand vacations and luxuriate somewhere with less stress and more leisure. Therefore, I crunch the numbers.

As I'm driving, I have to be aware of how much to spend on gasoline. That is usually the main cost in an automobile trip. My formula is not exactly simple, but it works. I first go to an online mapping site or app and check the distance between home and where I want to go. I double that and add extra for getting around town. Then, I take the capacity of the fuel tank on the vehicle, multiply that by my average fuel economy figure for my range. I also take the same fuel tank capacity and multiply that by the average cost of fuel along my route for my total cost of a full tank of fuel. There are websites and apps to get that information.

Now that I have my factors, I can calculate the estimated fuel cost for the trip. I take the mileage and divide it by the fuel tank range. Then take that factor and multiply the full cost of the fuel tank and...voila! I have my gas budget!

Thanks to mapping websites and apps, the route can be easily selected. They usually are downloaded to a mobile device, as long as you have it connected to your account. That way, you can see where you can stop for food, fuel, and some attractions along the way.

Now, you want to determine what to do when you get to that des-



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ination. I would leave that up to you, because our purpose for travel is different than the next person's. For me, I have a few interests, like attending sporting events, visiting museums of interest, and checking out GLBT community centers and places that are friendly to me. Plus, if I have friends and/or family at my destination, I drop them a note to say I'll be in town. I might even stay with them...or check into a hotel...or a shared lodging, like Airbnb. Just book everything. The web and our mobile apps will be your guide. Get tickets to music venues and sporting events.

Perhaps the most important piece is to make sure your vehicle is ready to go, too. That means having the vehicle checked for fluids, tire condition and pressure, the belts, the hoses, the wiper blades, the lights, and the air conditioning. Even in the fall, the climate control system should be checked for both cooling and heating of the vehicle. If you can do it, awesome! If not, there are plenty of advertisers in this magazine than can help you. Even dealerships!

After getting everything ready, the magic day arrives. You lost a lot of sleep because of the excitement to get on the road that day. There's not enough caffeine in the house to manage your excitement. It is a matter of loading up the car with your bags, gifts, and so forth. Then, you load up your family; your definition of family is open at this point. Rather, it could be yourself that is going. Don't worry, I travel alone, too. At this point, you probably want to start the vehicle. Once you do...there is no turning back. You're on your road trip.

Here is a great tip: pace yourself! We often find ourselves in a hurry for some reason. We want to get there as quickly as we can, even if it means driving all night to Denver or New York City. If you plan on a timeframe, factor in some stops. Solo drivers may want to consider stopping every two hours for breaks. That way, you made enough progress to recharge yourself.

For breaks, stop somewhere safe and legal. No you cannot stop on the side of the road. There has to be a state-funded rest area with some facilities available, like restrooms. Gas stations, convenience stores, and restaurants also serve as safe stops to recharge yourself for the next stint behind the wheel. If your spouse, significant other, or friend is riding along, consider switching drivers. That way, long journeys can be made easier with extended breaks to nap or see the sights.

When driving with children, make sure they are engaged and comfortable. Most importantly, make sure they are safe and secure while meeting the laws of the states you are traveling in. Child seat laws do vary from state to state, and sometimes the laws in your home state



might not be fully compatible with the next state you are traveling in. While you might not require a lot of stops, your children would. Plan accordingly. Oh, and don't forget to have them entertained, too! Games, movies, and music will keep them occupied even through the toughest part of the journey.

The same is true about traveling with pets. Always make sure you have access to food, water, and a clean environment for your pets. Always know what specific laws about leashes and cleanliness that might be different than your home ones.

There is one thing to be aware of: your vehicle breaking down. Even though your vehicle had been checked over a few times before you left home, there is nothing stopping your progress like a flat tire or a mechanical fault. If you are a member of the Automobile Association of America (AAA), a simple phone call will dispatch help as soon as they can. Newer vehicles have access to their manufacturer's Roadside Assistance programs, so they are a phone call away. A little knowledge would help to understand what is covered for no cost in comparison to any cost incurred on your journey.

Meanwhile, you have arrived. Congratulations! You endured the journey; hopefully without incident.

This seems like a path toward a great road trip. However, I must address something that is probably bugging me...and us...a lot. As GLBT travelers, we know that not everywhere we roam will be friendly to us. Yet, as GLBT people, we are diverse as to how we view the world and the challenges we face as we are ourselves. What I mean is, if you are concerned about traveling through areas that may not be as welcoming and friendly to us, find an alternative route or destination that will be more friendly and welcoming. Have some "road knowledge" before you go. By "road knowledge," I mean knowing the territory ahead before you set off to know exactly where those places exist. Having that "road knowledge" will be very helpful in making great memories of your journey.

But, if we are fearless and can handle anything that is throw our way, then, go for it! Travel boldly! Put the foot on the accelerator and drive!

It is a lot to cover here. But, this is why you go on road trips. By being able to take children, pets, musical instruments, and all the things you could never check in for free at the airport, train station, or bus terminal helps to make your journey more personal with every mile earned behind the wheel of your chosen vehicle. You can control where you go, when to stop, how to refuel and recharge yourself and your companions.

That is what freedom is all about. ■

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TIMELESS TRAVELERS

By Kassidy Tarala

We see it plastered across magazines, commercials and billboards everywhere we go: the human desire to travel. However, we frequently see travel as a representation of adventurers portrayed as young, single people who possess the fitness necessary for such physically demanding travel. Obviously, people in their twenties aren't the only ones who enjoy a good adventure, but the lack of resources available for older travelers can make it difficult and even scary to embark on a new journey. With this list of tips for senior travelers, hopefully this no longer needs to be the case.

An important step in planning a vacation is research. For seniors especially, it's important to research where they will be traveling, how they will get there, the costs, and any physical obstacles. For example, if a senior traveler has difficulty walking long distances, he or she should research vacation companies that could provide assistance when traveling by foot. Researching can also help travelers find the shortest and most direct means of transportation. Research can be especially helpful for GLBT travelers because they can easily determine if a travel company is GLBT-friendly. If the website you are looking at references same-sex couples and welcome all guests, you'll enjoy a safe vacation where you are free to be yourself and

relax. Looking into small details like this can be the difference between an anxious, stressful trip and a peaceful, relaxing one.

Safety is another concern that senior travelers will want to keep in mind. If traveling through an airport, simply keeping an eye on your luggage and personal belongings might not be enough, as senior travelers are often targeted by thieves. When standing, always place your luggage between your feet, and when sitting, put the shoulder strap around the leg of your chair. By taking simple measures like these, you can easily prevent your items from being stolen. Once you arrive where you will be staying, it's important to keep valuable items concealed. From jewelry to electronics to medications, any personal items can be seen as valuable to others, so packing light and keeping necessary medications concealed and organized can help take a target off your back. Wearing appropriate, comfortable clothing can also help keep you safe. Wear comfortable shoes that can keep you safe and balanced so you don't risk injuring yourself in an unknown area. Lastly, keeping people in the loop is a very important safety practice. Whether you have children, friends, or other people who are close to you back home, inform them that you will be traveling and provide an itinerary

of your trip. This way they can keep an eye on you from afar.

Although travel insurance costs more for senior citizens, it's good to be covered when you embark on a trip. Travel insurance can protect you if anything happens to your health, if you injure yourself, if any of your personal items are stolen, or if you need to be evacuated from the area you are staying. In case of an emergency, it will benefit you to be protected by travel insurance as it will cover transportation necessary to get you to a healthcare provider. It is also important to carry all medications that you might need in an organized container. This way, if a healthcare professional does need to intervene, they will be able to easily access any medication you might need.

A perk of being a senior traveler is that many vacation companies offer senior discounts. There are a variety of discounted tickets available, whether it be by train, plane, bus or ship. Additionally, resorts and hotels often offer a senior package which includes discounts, transportation assistance and rooms that are equipped for any physical needs you might have. While traveling is often represented as an activity only suitable for a younger crowd, these travel tips and tricks can make it just as fun for seniors, too. Pack your bags and enjoy the adventure! ■

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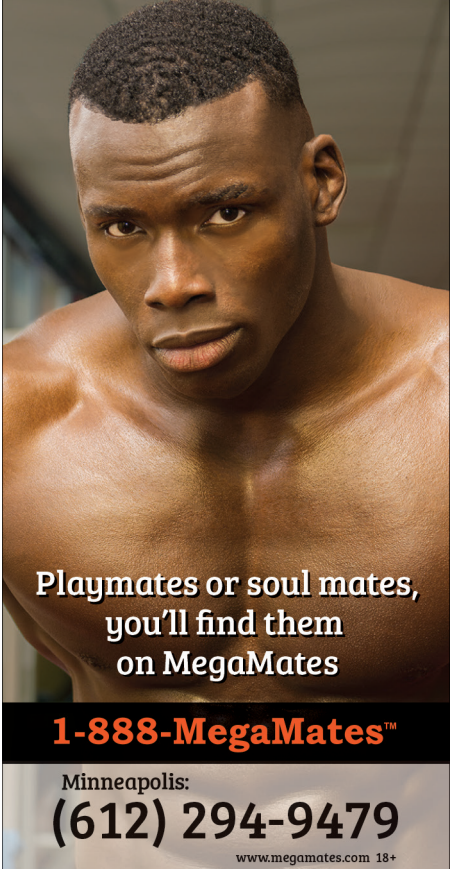
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